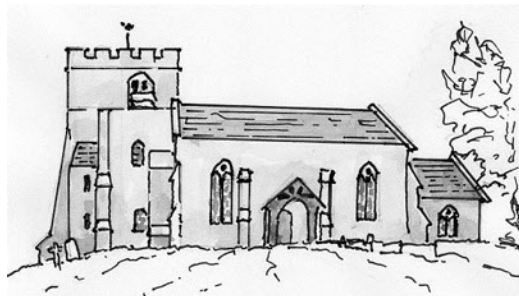
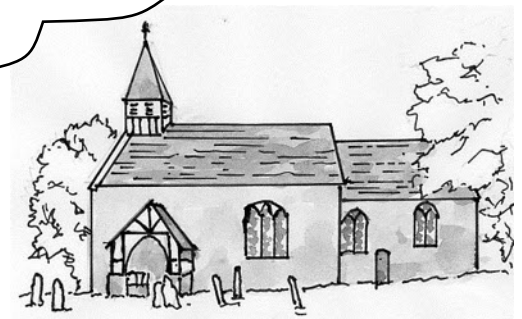


FROME VALLEY NEWS

The Parish Magazine for Acton Beauchamp, Bishops Frome, Castle Frome,
Evesbatch, Fromes Hill, Much Cowarne, Ocle Pychard & Stanford Bishop.



JULY 2020



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Editorial:

Lots of Information re help available on pages 3 & 4 and this is kept updated on the website and Bishops Frome Facebook page. If you lose your paper copy of the newsletter It's always available on the website where it can be seen in full colour. It can also be emailed to you. You can collect from Hop Pocket too.

I always acknowledge receipt of emails - if I don't please send to Parish office as I have had some email issues.

e-mail: fromevalley@icloud.com

www.fromevalleychurches.org.uk

Sarah (oldholbans@hotmail.com)

NOTICE TO ADVERTISERS:

I would like to thank you for your support in 2019/20 so far.

I will send invoice emails to you all shortly as we will need to cover the costs of continued production and nearly everyone should be working from 4th July.

WE WILL BE HAVING AN AUGUST EDITION DUE TO COVID 19 GUIDELINES CONTINUAL CHANGE, SO WE CAN UPDATE YOU ALL.

FROME VALLEY NEWS COLLECTION DAY FOR THE August 2020 ISSUE

Could volunteers from all churches kindly collect their new batch of issues from the Parish Office during the morning of **TBC**

If this time is not convenient please contact Eleanor at the office to arrange an alternative time.

This advertising space could be yours!

**Contact Sarah Sevastopulo
Tel: 01885 490896 email:
oldholbans@hotmail.com**

**Rates per issue:
£3.00 eighth page, £6.00 quarter
page, £10.00 half page,
£20.00 whole page**

Vicar's Letter

As I write we have just heard that places of worship can re-open for services in July. I am intending to start services in St Mary's, Bishops Frome on 5th July at 10am and if possible continue with a service there each week. I am aware that this will be a very tentative start back to church for us and there are still many factors that could upset any plans we make.



Many of you will have also heard on the news that places of worship can open for private prayer from the 15th, (then it was the 13th) of June. This was of course subject to a whole list of restrictions. To date the only one of our group of Churches that is ready to open to the public for private prayer is St. Mary's, Much Cowarne. This will be limited to Sundays from 11am to 2pm and Wednesdays from 2pm until 5 pm.

I am sure some of the other Churches may want to open as they work out how to maintain social distancing and if they are able to find volunteers to carry out the necessary cleaning regime that the guidelines require. However, this may not be possible for them all until more restrictions are lifted.

With the continued closure of many of our Churches the Camino walk that I had planned for St James' Day on 25th July has now been postponed until further notice. I had hoped that we could still go ahead with the walk between St James', Stanford Bishop and St James', Ocle Pychard but sadly this will not be possible until the current situation improves. Follow the latest developments at <http://caminofromevalley.simplesite.com>

Our worship in the Frome Valley has continued via mail, email and YouTube. I know it's not ideal but the experience has given us a sense of identity as a group in a way that I haven't experienced before. If you are not on our mailing list (snail mail or email) and would like to join us please let me know. Some of our services have involved editing video clips together so that we have different people doing readings, prayers, sermon and even some organ music. Thank you to all those who have contributed to our online services.

Wednesday online Coffee mornings using zoom have been a great success. If you haven't had a chance to try this why not join us for a coffee?

And finally, many thanks to all those who have decided to give to the Church via the Parish Giving Scheme or by Standing Order. One person commented how easy it was to set up their Direct Debit with Parish Giving over the phone on the scheme's new number, 0333 002 1271. This can be done for Churches that are registered with the scheme which include; Bishops Frome, Evesbatch, Fromes Hill, Much Cowarne and Ocle Pychard.

Ocle Pychard is also the first of our Churches to accept online donations, there is a link on our website that will take you to the giving page <http://www.fromevalleychurches.org.uk>

Looking forward to the day that we can finally get back to worshipping on Sunday mornings together again.

Blessings
Steven

Conquest Theatre

Coronavirus Covid -19

In view of advice from Government regarding public gatherings during the Coronavirus pandemic, we have reluctantly decided to **CANCEL ALL SHOWS and THE SATURDAY COFFEE MORNINGS** until the situation changes

We will post any updates through our website and on social media in due course

For full programme details visit www.conquest-theatre.co.uk

Frome Valley Pastoral Group

The Pastoral Group are all very actively engaged in emailing and telephoning people through out this difficult time. If you have any concerns or would just like to speak to someone please call one of the group;

Rev'd Steven Baggs	01885 490582	stevenbaggs@me.com
Rev'd Richard Allaway	07969 699270	rja5204572fco@gmail.com
Mrs Judy Orgee	01531 640525	
Mrs Angela Lewis	01885 490203	

BISHOPS FROME VILLAGE CENTRE

Are you planning a party or a meeting?

Don't forget your Village Hall.

The Main Hall can seat up to 120 people at tables or 140 for conferences and meetings. For smaller events the Conference Room can seat about 40 people, a few less at tables.

More details and hiring charges online at
www.bishopsfromecentre.co.uk

To have a look or to book, contact Wendy in the Shop or on 01885 490496 or 490327
email: bishopsfromecentre@aol.com
& find us on facebook

Bishops Frome Local Support Group



Just formed, to help those unable to get out because of illness or self-isolation during the Coronavirus emergency.

We can help with things like

- Shopping
- Collecting prescription medication



AND the Group will provide a telephone contact for those concerned about their safety or just needing someone to talk to. All conversations will be private. The contact won't be able to give advice but will try to guide you to the appropriate resources or agency. No personal information will be kept other than that which is needed to provide the help requested.

Shopping will be sourced as locally as possible and shortly we will be able to offer a menu of chilled ready meals provided by the Hop Pocket. Payment for deliveries can be made by cheque, cash or BACS.

If you think this Local Support Group can help you, please call

01905 691 373

Keep in touch by email too – bishfromecentre@aol.com
– this account is checked frequently.

And log onto the **Bishops Frome Village Centre Facebook page** to see what's going on.

And of course, if you are still out and about, please think about volunteering to help with the Group, and keep up the good work checking on your neighbours.

During the COVID-19 pandemic Bromyard Community Transport are remaining open.

We are providing a very much reduced transport service and only carrying out very essential journeys, plus we are also providing a shopping service, pickup of prescriptions and medication and also offer a listening ear if our customers need to chat.

**Cathy Marsh (Manager) Bromyard
Community Transport Tel: 01885 488452**

LEGGES OF BROMYARD

We are now offering free local delivery (within 10 miles) of our shops and free nationwide delivery on all orders over £20 (UK mainland only)

We have made up some weekly hampers, to make life a little easier, during these strange times.

We are delivering. If you would rather stay at home just give us a call. Homemade pies, sausages, bacon, eggs, butter, cheese, potatoes, ham, spatchcock chicken

Just call the shop 01885 482417 to place your order

Order online www.leggesofbromyard.com

or call 01885 482417



Information from Matthew Pudge at the HOP POCKET.

Total Produce, our wholesale grocery supplier, have been putting together a Community box that has a good supply of essential foods. The box costs £20. We can order these before 11am for delivery to The Hop Pocket the following day (not Sundays), usually by about 9am although that might change.

Waller butchers in Ledbury are happy to continue delivering to us twice a week, or more if needed, which means we can add in some meat if required, ideally we'd get about 3 days' notice on this.

Frozen ready meals made at the Hop Pocket are available - at the moment beef lasagne, veg lasagne, Chicken casserole, Cauli cheese, and soups

The Foodhall will remain open Tuesday to Saturday 10am to 5pm and at the moment 11am until 4pm Sunday. We of course also offer cakes, biscuits, chocolate, beer, cider, wine, gin, maybe not essential, but we all need a treat!

Orders can go straight to The Hop Pocket 01531 640 323, or through the Bishops Frome Local Support Group 01905 691 373, perhaps better if the Bishops Frome Local Support Group could take the orders for the deliveries to those who cannot leave the house, and the Hop Pocket handles those who are happy to collect. We can do payment over the phone, contactless in store and we will take cheques (we do need a name, phone number and any card guarantee details on the back) or cash.

PETER COOKS BREAD

After taking some time out so we could plan how we can best continue in a safe manner, we're very pleased to say that we'll be firing up our ovens once more from Tuesday 7th April.

To keep our team safe, we'll be operating in a reduced capacity, limiting the selection of products we offer and where we deliver to.

We'll be supplying all of our usual stockists in the following areas:

- Bishops Frome - Bromyard - Colwall
- Hereford - Ledbury - Malvern

Please check with your local stockist for more details.

You can also order and collect from the Hop Pocket Food Hall

Tel: 01531 640323 or email : john@thehoppocket.com

Rasoi Curry at Fromes Hill

Open for Take Aways 01531 640362

MIDWAY STORES AT FROMES HILL OPEN

New times as of Monday 29th June

7am to 8pm Mon - Sat & 9am to 4pm Sundays

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Order by Phone:01531 640600

Also see their FB page for Friday Takeaways

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Excellent service and working now - they came to Bishops Grome the same day I called them - Sarah (Editor)

HELP IS AT HAND

The Bishops Frome Support group is there to help anyone who is isolating or just feel like some support during these exceptional times.

- To do shopping
- To deliver Hop Pocket Community Boxes
- To collect and deliver prescriptions.
- To just have someone to chat to

The phone number to ring is:

01905 691373

The phone will be answered by

Tony and Liz Davis, Jane Wintermantle or Isabel Aitken

Although this is a Worcester Number it was the nearest code available for this dedicated line just for our local community. The phone is always manned from 09.00 to 1800 seven days a week and outside these times the phone is likely to be answered although there is a facility to leave a message.

This initiative is provided by The Bishops Frome Village Centre to help support the community and will continue for as long as it is needed. We have a core of fabulous volunteers and have a list of others who have kindly offered their services if needed. Where a service requires someone to be DBS checked the appropriate volunteer will have a current certificate.

You can be assured that we will always be available to help.

FROME VALLEY GROUP OF PARISHES

The office is now open on Wednesday mornings
9.30 – 11.30am for telephone calls only.
Our telephone number is 01885 490229.

For more urgent matters please contact

Rev Steven Baggs on 01885 490582

Rev Richard Allaway on 07969 699270

Dear Catherine,

I just wanted to say thank you for your donation of £90.00 and tell you about the life changing difference it makes to people like Bao.

Bao is 15 and living in Bac Lieu, Vietnam. His eyes were crossed, and he struggled to see objects far away. At the age of five he was diagnosed with strabismus in both eyes. At school, his teacher placed him at the front of the classroom during lessons so he could see a little better.

However, because of this, Bao was constantly teased at school. He told us, “other children would tease me because my eyes were crossed, this affected my confidence.” His parents said the same, telling us “before Bao’s surgery, the other children never called him by his name but rather by the nickname Squint Bao”.

Because of donations like yours, Bao was able to have surgery to correct his strabismus at the Orbis-supported Cần Thơ Eye Hospital in Southern Vietnam.

“He is more handsome and ten times more confident. Rather than squint Bao, he is now referred to as Bao”. Your donations help people, just like Bao, to live brighter and more fulfilling lives – and we are forever grateful for your generosity.

If you have any questions, need to update your details, or would like to know more about our work, please do not hesitate to contact me via email icare@orbis.org.uk or call me on 020 7608 7269.

Thank you for helping to change the way the world sees.

All the best,

Alex Morgan

Supporter Engagement Officer, Orbis UK



Stanford Bishop

Dear All,

Long days, sunny skies. The bountiful fruit harvest and cereal harvest are under way all expertly grown to help feed the nation. Look out for butterflies such as peacocks, small tortoiseshells, red admirals to name but a few. The gardens are a celebration of colour and scent from flowering shrubs including roses, hydrangea, lavender and buddleia.

Along the verges cow parsley stands umbrella like with clusters of white frothy flowers, while below the flowers of the dandelions, red campion, butter cups and brook lime all add to the splendour of colour. If foraging in the countryside you could find wild strawberries.



ST. MARY'S CHURCH MUCH COWARNE

Unfortunately there has been little change in the situation relating to the Coronavirus and its effect on all our lives since the last issue of the Frome Valley News, there is however a change which relates to our churches: at the time of writing the government has announced that churches may open for private prayer from June 15 if all required precautions with regard to social distancing and the spread of infection are observed. At the time of writing no decision has been made regarding any opening of St Mary's church at Much Cowarne: discussions will be held between the clergy, churchwardens and PCC to decide how we can best meet the required precautions and when the church might reasonably be opened on some basis. Whatever decisions are made we may well need extra volunteers to help with cleaning and management of access to the church. If you would be willing to help with these tasks please contact one of the churchwardens (Martin Hewitt, 01432 820282, email: panksbridge@hotmail.co.uk or Jean Parkes, 01432 820402, email: jeanparkes@btinternet.com).

Hopefully the next two months will see further relaxation of the general restrictions relating to social mixing but no increase in the infection rate so that the fundraising committee will be able to consider what, if any, social and fundraising events we can arrange before Christmas and we shall hear whether the usual Harvest and Carol Services can be held in some form. As soon as anything positive is planned we will ensure that word is sent out via the newsletters and posters.

In the meantime we cannot repeat too often our thanks to those who have helped to bring some sort of normality to our lives: to Steven and Richard for the virtual services, readings, prayers and social meetings which they have continued to provide on line or, where possible, by post. All these have meant that we have been able to take part in regular worship albeit in a very different way. Our continuing thanks also to those who are shopping and collecting medicines for those who are unable to do so and to the staff at Burley Gate Community Shop for continuing to open and provide the basic necessities and Post Office services which we all value so much.

Stay safe everyone



Castle Frome July 2020 News, Views & Muse



Communion Service

Sunday 12th July
8.00am
To Be Confirmed



Family Service

Sunday 26th July
10.00am
To be Confirmed

This is a reverent and informal service for the family of the Church. All are welcome. Coffee, tea and squash served at the close of the service, offering a time to socialise.



Hilary's Nature Diary

Verging on wild

Driving through Castle Frome, close to the entrance to Moorend Farm, you may have noticed the signs: 'Verging on wild'. This is an initiative to conserve wildflower-rich verges in Herefordshire - and we have one of these roadside verge nature reserves in our parish. Perhaps the most exciting flower present is the striking pyramidal orchid – so many shades of pink in one flower! With luck, they may still be flowering when you read this.



Coronavirus Lockdown & Social Distancing

I have put in the details of the services but **if the Lockdown continues, then these will not be happening.** Please follow the Government Guidelines on Staying Staff and Social Distancing.

Church Micro Geocaching



Many of you may never have heard of "Geocaching". It is in effect the World's largest treasure hunt! It can be described in simple terms as treasure hunting for the digital generation.

There are a huge number of "Church Micro" geocaches that take you to churches you would never normally visit. Me, Jo & our families have been geocaching for about 13 years now. During the recent lifting of some lockdown measures we have been out looking for Church Micro Caches in the County. The churches we have visited are beautiful. We visited one yesterday which had sheep grazing the graveyard!

It's a fantastic hobby to get you out and about in the Countryside. There are 2 caches placed at Caste Frome church, placed by us with the permission of the Church Wardens



From Bishop Richard

20 years ago, I started work as the vicar of a Sussex parish. In my first week I thought it would be a good idea to visit the pub at the bottom of the churchyard path. It was a typical country pub with a big black door and steep steps to get in. Halfway up the steps I remember feeling nervous. Strange, I thought. I'd been into lots of pubs before. Why should this visit be any different? But when I thought about it I realised, a, I had my dog collar on, and b, I had no idea who would be inside and how they would treat a vicar they'd never met before. As it happened, they were very friendly and delighted to see me. In fact, I had some deep spiritual conversations with people there. Especially when they'd had eight pints, but that's another story.



I wondered why people in the pub felt more comfortable talking to me about spiritual things than they might have been on the rare occasions they came to church. I suppose it was because I was on their turf. It was an environment in which they felt comfortable. Don't get me wrong, I was comfortable there too, but it wasn't the same as my professional world, doing church in a building only fifty yards away. That experience makes me very sympathetic to people who find going to church difficult. I was confronted with a big black door and had no idea what was on the other side of it. Many churches, might feel like that to you if you haven't been for a while or have never been.

I'm sure you'd receive a warm welcome if you went. But, it's understandable to feel self-conscious if there's a small congregation, you're not sure what to do, or you're worried you might be asked to do something!

I'm not surprised by stories of wide-spread engagement with our live streamed services while church buildings are closed. One cathedral recently had 7000 hits to an online service where normally there'd only be a few hundred. Social media makes it easier to dip in anonymously. If you are asking big spiritual questions, as many are in the midst of this crisis, such anonymity can be invaluable. A crisis like this opens us all up to spiritual realities that we haven't considered before. So, why not turn off the Netflix and log on to a live church near you. You may well find the answers you're looking for!

+Richard

ST. GILES' CHURCH - ACTON BEAUCHAMP

IT IS WITH MUCH REGRET THAT ACTON BEAUCHAMP PCC HAVE TAKEN THE DECISION TO CANCEL THIS YEAR'S DOG SHOW.

THE PCC HAVE ALSO CANCELLED ALL THE FUND RAISING EVENTS, FOR THE REMAINDER OF THE YEAR, UNTIL FURTHER NOTICE.

WE ARE LOOKING FORWARD FOR A TIME BEYOND COVID 19.

HOPEFULLY THE FUND RAISING EVENTS WILL BE RESUMED SOON.

TAKE CARE AND STAY SAFE.

WITH BEST WISHES.

ACTON BEAUCHAMP PCC.

Ocle Pychard Church News

Dear Friends,

As I sit here 10 weeks into the lockdown I realise that there will be no services or gatherings at Ocle Pychard Church for some time to come. I know the government have announced that places of worship may open from June 15th but that is only with very strict guidelines in place. All churches will need deep cleaning before opening and this could prove problematic. We will need volunteers, yet again, to carry out this task.

I was just wondering how many people in our parish actually know who the volunteers are within our community, what they do, and the significance of their roles to the ongoing functioning of their church and community.

Do you know:

Who cuts the grass?

Who weeds the paths?

Who cleans the church?

Who puts the beautiful flower arrangements on the window sills and by the altar?

Who cleans the carpets?

Who launders the church linen?

Who puts the bin bag out for collection on a Tuesday?

Who opens the church and closes it during the summer months?

Who plays the organ for evensong, weddings, etc.?

Who runs the Whist on Monday evenings?

Who delivers the Community News?

Plus all the other roles that I have not mentioned?

All these tasks are performed by individuals who give a little of their time to keep our church and community functioning smoothly.

So I say **“THANK YOU TO YOU ALL”** because you are our local unsung heroes.

Sally Ridler

Ocle Pychard Church

Please note:-

The Rev. Steven Baggs is still hoping to organise the St. James Camino Walk from Stanford Bishop to Ocle Pychard, however this is a path fraught with many obstacles, not all of them physical. So, at this moment in time, we are keeping our fingers crossed that it will go ahead on 25th July. If you are interested in this walk, please go to Steven's web page: <http://caminofromevalley.simplesite.com>

POSTPONED AT THE MOMENT SEE STEVEN'S LETTER



STEVE BARNETT

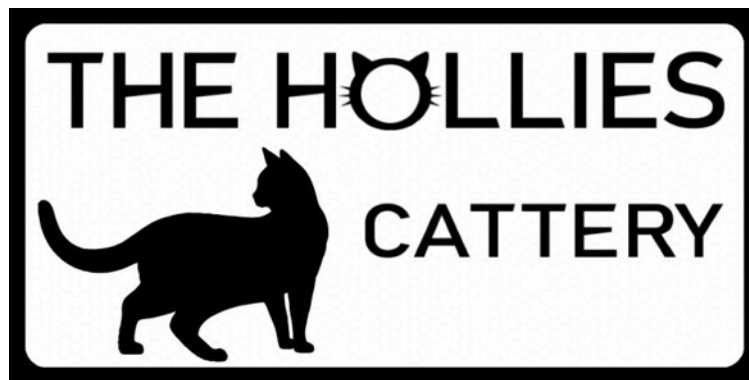
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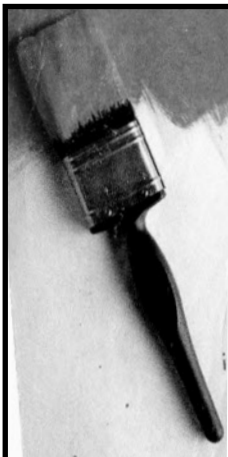
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local.certainlywood.co.uk



Cecilia Hall Dance Centre

Tel: 07443 872 188 ceciliahalldance@live.co.uk

ADULT DANCE AND FITNESS CLASSES

We hope to restart in July. Some online classes available until then.
Numbers in classes will be carefully controlled. Pre-book only.

MONDAYS	9.45am	Zumba Gold
	10.45am	Ballet
	11.45am	'FitSteps'
	1.30pm	Tap Dance
	2.30pm	Silver Swans Ballet/over 55's
TUESDAYS	9.45am	Beginners Tap Dance
	10.30am	Tap Dance
	11.30am	'FitSteps Fab'
	1.45pm	Silver Swans Ballet/over 55's
	3pm	Belly Dance
WEDNESDAYS	6.45pm	Advanced non syllabus Ballet
	9.30am	Modern Jazz Dance
	10.30am	Ballet
	11.45am	'FitSteps'
THURSDAYS	2pm	Ballet
	10am	'FitSteps Fab'
	11.15am	Silver Swans Ballet/over 55's
FRIDAYS	12.15pm	Ballet
	9.30am	Dance Mix
	10.30am	Silver Swans Ballet/over 55's
SUNDAYS	11.45am	'FitSteps'
	10am	'FitSteps'



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The usual seaside amenities including pubs, restaurants, cafes, fish and chips and shops are all within 3 minute walking distance.

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The Green Dragon at Bishop's Frome



As the Irishman wrote...

Pub closures

Sir, – For God's sake, open
the pubs again before we all
become alcoholics. – Yours, etc,
TOM McGRATH,
Wicklow.

*The Green Dragon
Bishop's Frome
WR6 5BP
01885 490607*

**"It's what all village pubs
should be like"**

A pub is the heart of the community, and for three months that heart has been stilled.

We all know why, given what families and communities have had to go through.

When we're back, things will have changed.

All of us will have to work out what social distancing means, in a pub synonymous with social contact. It's not a matter of metres, more a matter of common sense and courtesy, and all of us at the Dragon can be relied on for that.

But the important things will have stayed the same.

The welcome, the comradeship, the gossip and the fun.

Oh, and the beer.

And, in time, everything will have changed for the better.

This wretched virus has strengthened us all, reminded us of what really matters, brought us all closer.

So we'll be back at the heart of an even stronger and healthier community.

And the Dragon will be better than ever.

Update:

The Beer Garden hopes to be open from the 4th July!!

See our facebook page for more news as it happens - The Green Dragon - Bishops Frome

Or give us a call

BISHOPS FROME COMMUNITY SHOP



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www.bromyardhistorysociety.org.uk

WHAT'S ON AT BISHOPS FROME VILLAGE CENTRE

Visit bishopsfromecentre.co.uk for much more information
and find us on Facebook

*See the Covid -19 Local Support tab on the website
for information about support and services available*

These are our normal weekly activities -
suspended for the time being

Mon	10.00 – 12.00	Internet Café	Drop in or call 01531 640981 All welcome, help available
	14.00 – 16.30	Board Games	Susanna 01885 490440 First Mondays
	19.30 for 20.00	BINGO	Not at present
Tues	09.30	Pilates Body Design	Sally 01886 880956 Prior booking essential
	12.30 for 13.00	Over 60s Lunch Club NOT EVERY WEEK	Joan 01531 640587 Advance booking is essential
	19.30 to 20.30	Zumba Have fun and get fit.	Bev Hughes 07900 640467
Weds	10.00 to 10.45	Circuit Training Fitness-building sessions, all abilities	Dominic 07906 203388
	14.00	Needlecraft Group	Beryl 01531 640359
Post Office Outreach Service in the small office by the main entrance			Monday 13.45 to 16.45 Wednesday 9.00 to 12.00 Thursday 9.00 to 12.00

Frome Valley Group of Parishes Births, Deaths and Marriages

FROM THE REGISTERS

Funerals

The Burial of Stuart Philp who died on 7th May 2020,
aged 42, took place on 6th June 2020 at St Mary the
Virgin, Bishops Frome.

May he Rest in Peace

Childline: 0800 1111
Samaritans 116 123
Domestic Violence Hotline: 0808 2000 247
Mind 0300 123 3393
Age UK 0800 169 6565

VICAR

Rev. Steven Baggs tel: - 01885 490582

e-mail: stevenbaggs@me.com

PLEASE NOTE: Monday is Steven's day off.

ASSOCIATE PRIEST

Rev. Richard Allaway tel:07969 699270

email: rja5204572fco@gmail.com

PARISH OFFICE

The Rosary, Bishops Frome, Worcester, WR6 5AP

tel and fax tel - 01885 490229

e-mail: fromevally@icloud.com

PARISH SECRETARY

Eleanor Morris tel - 01885 490229

(Wednesdays **9.30 to 11.30**)

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LAST COPY DAY for the August 2020 issue of

THE FROME VALLEY NEWS is: Monday 13th July '20

And the collection date will be : TBC